



Arizona Storm Todd/Chouinard

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June 12, 2020

## Recreation Review Committee

Gilbert, Arizona

Recreation Coordinator I, Parks & Recreation Department

RE: **Physical Distancing Plan**

Recreation Review Committee,

### Manage

- **COVID Coordinator:** Appointed a COVID coordinator to oversee all aspects of the COVID risk management plan including development from appropriate resources, implementation, monitoring, updates/changes, communications, staff training, regulatory compliance, and answering player, parent, and staff questions about COVID concerns.
- **Compliance With State And Local Guidelines:** Compliance with all state and local COVID guidelines including return to play dates and maximum group sizes.
- **Training:** Trained all players and staff on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette.
- **COVID Self-Reporting:** Be familiar with and comply with all regulatory requirements, privacy policies, and information sharing regulations as regards COVID-19 self reporting of symptoms or positive tests by players or staff as well as by related family members with whom they have had close contact.
- **High Risk People:** Limit people with underlying conditions from attending event/practice.

### Communications

- **Pre-Season:** Disseminated information to all staff, players, parents, and spectators about the COVID risk and practices that will be undertaken to mitigate risks. Information disseminated by way of email, social media, coach talks, and public announcements.
- **Self-Reporting Of COVID Symptoms:** Coaches and managers prepared to disseminate information to concerned parties about any COVID-19 incident while complying with all regulatory requirements and privacy laws.

### Pre-Event

- **Stay Home When Appropriate:** Players, staff, and spectators instructed in communications to stay home when they are showing symptoms of COVID-19, have a temperature over 100.4 Fahrenheit, have tested positive for COVID-19, or have had close contact with a person with COVID-19.

- **Symptom Checking:** Conducting pre-event observation and/or questioning of all players and staff about the existence of any COVID symptoms including cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, diarrhea, feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit, or known close contact with person who is lab confirmed to have COVID-19.
- **Temperature Check:** Players, staff, and spectators asked to take their own temperature before leaving the house and they will stay at home with any reading of **100.4 Fahrenheit or higher according to CDC definitions of reportable illnesses** for contagious disease. The sports organization can assign a staff member to use an infrared non-contact forehead thermometer to take the temperature of all players and staff before they enter the field/facility. Any reading of 100.4 or higher will result in a denial of entry.
- **No Congregation:** Players and team staff will not congregate prior to a practice or competition event and will stay in cars until right before warm ups for the practice or competition and will avoid other groups that are leaving the prior event.
- **Disinfect Hard Surfaces:** When arriving at team seating or sideline areas, team staff will disinfect all hard surfaces such as benches, railings, and equipment racks.

## Post-Event

- **Cleaning:** Team staff will clean and dispose of all trash from player seating or sideline areas when departing practice or games.
- **No Congregation:** Players and team staff will quickly exit the practice or playing location after the event and go directly to their cars without congregating with other teams or spectators in common areas.

## Social Distancing

- **6 Ft. Rule:** All players, staff, and spectators will practice social distancing of 6 ft. whenever possible, especially in common areas.
- **Pre And Post Event Social Distancing:** Social distancing will be practiced by players and staff during all locker room activities, instruction, explanation of rules, pre-game strategy, and post game briefing sessions.
- **Restructure Practices:** Restructure practices to greatest extent possible to concentrate of conditioning, drills, skill building and limit close contact to a specified number of minutes during simulation drills and scrimmages.
- **Breaking Up Large Teams:** Breaking up the teams into pods during practice that have limited close contact with other pods.
- **Pre-Game Warm Ups:** During pre-game, players and staff will maintain the 6 ft. distance if possible during warm ups and drills and will only have close contact during actual competition.
- **Social Distancing Monitors:** Identify adult staff members to help maintain social distancing between players, staff, and spectators (if allowed by state law).
- **No Handshakes/Celebrations:** Players and staff will refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- **Waiting In Cars:** Players and team staff will wait in their cars with parents/guardians until just before the beginning of a practice, warm-up or game instead of assembling in groups.
- **Car Pools:** Discourage the use of car pools to transport participants who do not live in the same household.
- **Spectator Social Distancing:** Spectators will follow social distancing of 6 ft. whenever possible and will avoid being in groups of greater than 10 persons. Where social distancing is not feasible, spectators will wear face coverings and wash hands or use hand sanitizer (60% alcohol) frequently.
- **Limiting Spectator Attendance:** Some sports organizations may choose to limit spectator risk by limiting attendance to essential staff and limited family members.
- **Off Site Activities:** Avoid off site team activity events such as swimming, team meals, bowling, watching professional teams, etc.

## Personal Protective Equipment (PPE) And Personal Disinfectants

- **Educate:** Teach players and staff and reinforce the use of wearing cloth face coverings. Wearing face coverings is most critical when physical distancing is difficult.

- **Don't Touch Face:** All persons wearing face coverings will be reminded to not touch their face covering and to wash their hands and/or use hand sanitizer (60% alcohol) frequently.
- **Player Provided Hand Sanitizer And Wipes:** Parents will provide all players with hand sanitizer for use between play periods as well as antibacterial wipes for disinfecting player provided equipment.
- **Staff Provided Hand Sanitizer And Wipes:** Staff members will provide their own hand sanitizer for frequent use and antibacterial wipes for disinfecting hard surfaces and shared equipment.

## Playing Equipment

- **Spacing Of Player Equipment:** Player equipment will be spaced accordingly to prevent close contact.
- **Player Provided Equipment:** Players will be encouraged to bring their own equipment and to not share with others. Player provided equipment will be kept separate and in individual bags or containers.
- **Limit Team Shared Equipment:** The use of team shared equipment (e.g. protective gear, balls, bats, etc.) will be limited whenever possible and will be sanitized after each use if possible. Otherwise, limit use of team shared supplies and equipment to one group of players at a time and sanitize between use.
- **Water Bottles:** Water and sports drink jugs will no longer be provided by sports facilities or sports organizations. Players and staff will bring their own water bottles to all team activities to help to reduce transmission risk. Individuals will take their own water bottles home each night for cleaning and sanitation. Visiting teams will also bring their own water bottles.

## Facilities

- **Cleaning/Disinfecting:** Team and staff will use disposable disinfectant wipes on all training areas, locker rooms, equipment, common areas, door handles, railings, water fountains, seating, bathrooms, etc. on a regular basis.

## Personal Discipline

- **Hygiene/Hand Washing/Touching Face/Laundering:** Players and staff will practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitizer (with at least 60% alcohol), abstain from touching their face (mouth, eyes, or nose), refrain from spitting, and cover their cough or sneeze with a tissue and throw tissue in the trash. Carry small bottles of alcohol-based disinfectant when hand washing facilities are not available. Clothes will be laundered after all workouts.

Our organization also has required all parents to sign the attached Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19.

Please let me know if you need any additional information from me.

Thank you,

Marty Grant  
Team Manager  
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